



Exercise, Work & Life Related Injury Prevention + Basic Recovery

Congratulations on the completion of your first step to gaining mastery of your body! The first step is gaining self awareness, understanding your own habits (both good and bad), and making a change for the better. **Passing the Safety Component is a CRUCIAL next step!**

Injury in exercise is *mostly* avoidable with precaution, safe practice, a warm-up/cool-down, taking necessary breaks and conditioning our body for the activities we're participating in, as well as easing into intensities and not just rushing for results. The most common kind of injury in the majority of the population is **repetitive use injury**, which is relatively common in the workplace, but it can and does happen often in the gym, if not made worse due to everyone needing to work and thinking they **MUST** do more (some people already do a lot! But a lot need to do more). This is one of the prime examples as to why program planning is important for an exercise routine; considering what **YOU** do everyday that might impact the results of any routine you decide to do. For example, a construction worker, a teacher and an IT worker will have significantly different functional strength needs, and require different programs as a result; This does NOT however account for each individuals beginning strength and skill level.

Exercise Related Recovery

Musculoskeletal Recovery *takes approximately 3-5 days* as a result of micro-tearing in muscles after a moderate/intense exercise. **DOMS (Delayed Onset Muscle Soreness)** is a by-product of exercising the specific muscle(s), and while muscle recovery begins almost immediately after a workout, TRUE muscle recovery will not complete until **AFTER 5-7 days**. We would consider training our other joint areas within the *1-5 day period*, and then (depending on intensity), we could train the same specific variation *14-28+ days after*, for full muscle emphasis.

Ligament/Tendon Recovery *takes around 5-7 days*, and keeping in mind that there are a lot of functional movements at our disposal that we can arrange in our routine. Some days we may consider avoiding certain joint actions (or not exercising at all) as we do not need to do too much of the same exercises too closely together; This is a consideration we plan for when creating our exercise rotations (2-5 week plan rotations, depending on frequency/intensity/intention).

Skeletal/Long-term Energy Stores Recovery is necessary after the span of a program, which is usually ~5-15 weeks (if your routine is less intense/frequent, you could extend a program further, but with more intensity/effort, you might decrease the span of the program). After completing a program, you should consider taking a week of rest to ensure your body (+mind) completely recovers, and in turn become stronger! It is still recommended in this period to do everyday tasks to ensure you keep yourself moving and moderately active, however it is important to try not to stress yourself out... take it easy, plan for relaxation!

Note: Blood is actually CREATED in our BONES... So Bones Actually Recover QUICKER than Tendons & Ligaments (They have LESS blood supply than bones or muscles), so bones DO micro-break in exercise! This is why Tendinitis(osis) over-work occurrences are more likely than muscle tears or bone breaks (**at first**, anyway).

Exercise Related Injury

- **Over-training** (Tendinitis, Tendinosis, Muscle tear/joint inflammation; time based)
- **Impact Related Injury** (Fall Type Injury)
- **Muscular Pull/Strain** (Tightness, Muscle Tension/Stress/Weakness/Imbalance)
- **Bony Fracture** (Bone is broken/cracked)
- **Over-stretching** (Stretching too much; unstable +hypermobile joints, Muscle Imbalance; time based)
- **Arthritis** (Joint cushion/cartilage wear over time)
- **Cardiovascular Strain/Stress/Weakness** (Myocardial Infarction, High/Low Blood Pressure)
- **Bone Dislocation** (Bone is out of place, realign)



Injury Avoidance

Exercise Related Injury Avoidance

One thing I commonly hear in the gym is “No pain, no gain” – this is not always a fact you can count on. Pain can either be a good thing, or a bad thing, depending on the type of pain you are actually experiencing. Below are the types of pain we often times see, both good and bad:

GOOD PAIN!

- **DOMS** – This is usually the good sore, the soreness that most people – to start – dread, but you often times grow to appreciate!

BAD PAIN

- **Muscular/Joint Tightness & Immobility** – Severity Based; Might cause pain / aches with repetitive work, and increases risk of injury with increased / maintained intensity
- **Tender Muscle Ache/Pain (Muscle Pull / Imbalance)** – Severity Based
- **Sharp Muscle Ache/Pain** – Severity Based, may require medical consultation
- **Pinch Feeling** – Severity Based, may require medical consultation
- **Radiating/Traveling Pain** – Severity Based, may require medical consultation

Work/Life Injury Avoidance

Injuries can happen from doing something too much, or not doing enough of a good (and / or pretty much any) thing. Like with exercise, too much (or not enough) is an example of a good thing being a bad thing, and this can essentially be applied to any part of our life, which would absolutely include most aspects of our professional and personal lives. We can look at and consider the *Wellness Wheel* when making any considerations when we think about any work/life balances; Work related wellness was just recently added into the wellness wheel. We are only now better understanding the importance of a healthy work/life balance.

Basic Injury Recovery (For Exercise and Work/Life)

RICE is used for most common injuries such as falls, progressive tendinitis, pulls & strains, however each injury requires its own amount of **TIME** to recover ***FULLY*** and **PROPERLY**:

Rest – Like any good recovery, rest is the most critical part – Keep off injury for 2-4+ weeks

Ice – Ice helps with any potential inflammation; heating might help as well (Injury Dependent)

Compression – This can help with stabilizing the joint and allowing for improved circulation

Elevation – Elevation of the limb can help with increasing circulation to improve recovery

Specific Rehabilitation Programming – You might need specific professional consultation to help you with a prescribed rehabilitated rest and exercise routine (with specific consistency and moderation disciplines). It may be recommended that **I (Or a prescribed professional)** create a *Strength Re-Integration Rehabilitation* program to ensure you have a swift recovery.

Mental Health

Exercise allows us to improve our mental health, however exercise can – like anything else – become addicting, especially when seeing visible and impressive results, often we want more! Or maybe we aren't seeing the results that person online promised.... Sometimes we look towards external methods. Obsession can create an unhealthy attachment to what is usually considered to be a healthy activity. **Discipline** develops with **Experience** and **Knowledge**. To help you with the physio-logical change & strengthening, give your body time after an exercise (~4-5 days), and you will usually notice that you look BIGGER after this time frame....!! **Self-Respect Will Lead To Success.**